



KKR&KSR Institute of Technology and Sciences Vinjanampadu, Guntur, Andhra Pradesh-522017

Approved by AICTE, New Delhi and Permanent Affiliation from JNTUK, Kakinada
Accredited with "A" Grade by NAAC & NBA Accreditation Status for 4 UG (CSE, ECE, EEE, ME) Programs

Organized A One Day workshop on Empowering Youth through Emotional Intelligence by Prof. M L Sai Kumar, IIM, Hyderabad on 18/08/2023.

About the Workshop:

An emotional intelligence workshop explores the critical role of emotional intelligence in personal and professional success. **Self-Awareness:** Participants learn to recognize and understand their emotions, leading to better self-awareness and self-regulation. **Social Awareness:** The workshop teaches participants to empathize with others' emotions, fostering better interpersonal relationships. **Effective Communication:** Participants develop skills in active listening, non-verbal cues, and empathetic responses, improving communication. **Conflict Resolution:** Through emotional intelligence, attendees learn constructive ways to manage conflicts and difficult conversations.

About the Chief Guest: Prof. M L Sai Kumar Ph. D (IT)

Professor Sai kumar last served as Dean - Academics for 3 years at the Institute of Public Enterprise. He served as the PG Program Director for 7 years. He served as Professor of Computer Science. He authored several books, published number of papers. Professor has put in more than three and half decades of experience. Professor has trained several batches of IAS and IPS officers on use of IT and also the corporate executives. The Dept. of Personnel and Training, Government of India has adjudged him as the Best Trainer. He is a member on, Governing body of Eleven Engineering/Management institutes. Professor served as a member on Technical committee for TTD, SBH, IICT, NRSA, AP Technology Services, etc. He is a strong believer in Citizen Social Responsibility. He took early retirement to pursue his personal agenda of inspiring the students and young faculty, ignite their minds and involve them in career building

1.Objectives of the Event:

Stress Management: Techniques for managing stress, anxiety, and emotional triggers are explored, promoting overall well-being.

Adaptability: Emotional intelligence equips participants to navigate change and uncertainty with resilience and adaptability.

Team Collaboration: Improved emotional intelligence enhances teamwork and cooperation, fostering a positive work environment.



Practical Application: Participants gain actionable strategies to apply emotional intelligence in real-life scenarios, enhancing their emotional well-being and relationships.

Social Awareness: The workshop teaches participants to empathize with others' emotions, fostering better interpersonal relationships.

Effective Communication: Participants develop skills in active listening, non-verbal cues, and empathetic responses, improving communication.

Conflict Resolution: Through emotional intelligence, attendees learn constructive ways to manage conflicts and difficult conversations.

Leadership Skills: Emotional intelligence is vital for effective leadership, enabling participants to motivate, inspire, and lead with empathy

1. Venue of the Event:

The event is organized on campus and conducted by KKR & KSR Institute of Technology and Sciences, Vinjanampadu, Guntur, Andhra Pradesh in association with SPARK

1.Date & Time of the Event: The Event is organized

3.No. of students participated: 210

5.No. of faculties participated: 7

6.Event photographs.



KITS
KKR & KSR INSTITUTE OF
TECHNOLOGY & SCIENCES
AUTONOMOUS

**INSTITUTION'S
INNOVATION
COUNCIL**
(Ministry of HRD Initiative)

SPARK
SOCIAL PRACTICE
TO EMPOWER
PROFESSIONAL ASSOCIATION FOR PERSONAL GROWTH

Department of CSD
Inauguration of
A One Day Workshop on
Empowering youth on Entrepreneurship and
it's Opportunities through Emotional Intelligence
August 18th 2023

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VINJANAMPADU, GUNTUR, ANDHRA PRADESH - 522017

Emotional intelligence is the foundation for critical skills.

Perceiving Emotions, Understanding Emotions, Managing Emotions, Using Emotions

Decision Making, Time Management, Change Tolerance, Empathy, Team Work, Communication, Stress Tolerance, Presentation Skills, Social Skills, Customer Service, Project Management, Assertiveness, Accountability, Flexibility, Trust



2. Benefits in terms of learning/Skill/Knowledge obtained.

Effective Problem-Solving: Logical thinking equips individuals with the ability to analyze complex problems, break them down into manageable parts, and develop structured solutions. This skill is invaluable across various fields, from science and technology to business and everyday life.

Rational Decision-Making: Logical thinkers make decisions based on evidence, facts, and rational analysis rather than emotional impulses. This leads to well-informed choices with a higher likelihood of positive outcomes.

Critical Thinking: Logical thinking is closely tied to critical thinking, allowing individuals to evaluate information, arguments, and claims for validity and soundness. This helps in identifying flaws in reasoning and avoiding logical fallacies.

Improved Communication: Logical thinkers can express their ideas, thoughts, and solutions in a clear and organized manner. They can present arguments coherently and convince others through logical reasoning.

2. Promotion of the Event on the Social Media Website: (Link and Screenshot):

<https://www.facebook.com/profile.php?id=100087264817607>



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Hearty Welcome to

Pro.ML Sai Kumar

Prof. M L Sai Kumar, IIM, Hyderabad

1. Event on the University/college :(Link and Screenshot)

[KITS_CSD \(@kits_csd\) • Instagram photos and videos](#)



2. Expenditure Amount (If any): Nil

3. Remarks: The event is organized smoothly with practical orientation.

4. Experiences and Output of the Session

Increased Efficiency: When faced with complex tasks or projects, individuals with strong logical thinking skills can approach them systematically, saving time and resources. They can identify the most effective ways to accomplish goals.



Innovation: Logical thinkers can identify patterns, connections, and relationships that others might miss. This enables them to come up with innovative solutions, improvements, and creative ideas.